

### Claims

1. Herbal extract having inhibitory activities against the degranulation and histamine release of mast cells, which is obtained by extracting *Houttuynia cordata* and *Rubus coreanus* with water or organic solvent.

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2. The herbal extract of Claim 1, wherein the *Houttuynia cordata* and the *Rubus coreanus* are mixed at a weight ratio of 1:4 to 4:1.

3. The herbal extract of Claim 1 or 2, which further comprises at least one  
10 selected from the group consisting of *Cornus officinalis* Sieb. et Zucc, *Crataegi fructus* and *Mori folium*.

4. The herbal extract of Claim 1 for use as medicament.

15 5. A use of the herbal extract of Claim 1 for the preparation of therapeutic agents against allergic diseases.

6. A use of the herbal extract of Claim 1 for the preparation of inhibitory agents against the degranulation and histamine release of mast cells.

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7. A pharmaceutical composition for the prevention or treatment of allergic diseases comprising the herbal extract of Claim 1 as an active ingredient.

8. A food composition for the prevention or improvement of allergic diseases  
25 comprising the herbal extract of Claim 1 as an active ingredient.

9. The composition of Claim 7 or 8, which further comprises at least one selected from the group consisting of *Cornus officinalis* Sieb. et Zucc extract, *Crataegi fructus* extract and *Mori folium* extract.

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10. The composition of Claim 7 or 8, wherein the allergic diseases are selected from the group consisting of allergic asthma, allergic rhinitis, allergic otitis, anaphylactic shock and allergic skin disorders.

10 11. The composition of Claim 10, wherein the allergic skin disorders are selected from the group consisting of atopic dermatitis, psoriasis, contact allergic dermatitis and urticaria.

12. A method for preventing or treating allergic diseases, which comprises  
15 the step of administering an effective amount of the herbal extract of Claim 1 to a subject in need thereof.

13. A method for inhibiting the degranulation and histamine release of mast cells, which comprises the step of administering an effective amount of the herbal  
20 extract of claim 1 to a subject in need thereof.